

Confetti Zucchini Fritters

Prep Time 20 mins
 Total Time 40 mins
 Meal Type Breakfast,Lunch,Dinner,Snack,Side
 Source [Living Plate](#)

Servings 4



Ingredients

lb,c g,ml

- 3 cup zucchini, *shredded* (each cup ~ 1 small zucchini)
- 1/2 tsp salt
- 1 Tbs tahini
- 1 lemon, *juiced* (for 1 tablespoon)
- 1 cup chickpea flour
- 1/4 cup scallions, *chopped*
- 1 Tbs dill, fresh (or other herb)
- 1/2 tsp garlic powder
- 1/4 cup corn kernels, *frozen and defrosted*
- 1/4 cup roasted peppers, jarred, *drained, rinsed, and chopped*
- salt, *to taste*
- 1/4 cup olive oil

Directions

Prep

1. Shred zucchini, salt, and place in a colander to drain for 15 minutes. Rinse.
2. Place zucchini in a clean kitchen towel or paper towels and squeeze dry, removing as much fluid as possible.

Make

1. Whisk together tahini and lemon juice. Stir in zucchini.
2. Add the rest of the ingredients, except olive oil, and stir to coat zucchini. Add enough hot water, one tablespoon at a time, to make a batter.
3. Let batter rest for 5 minutes. Season with salt to taste.
4. Add 2 tablespoons of olive oil to non-stick skillet or griddle and, using an ice cream scoop or spoons, place 1/4 cup of batter on the skillet for each fritter. Cook until browned, about 5 minutes on each side.
5. Repeat with remaining olive oil and batter until all fritters are cooked.
6. Serve warm.

Notes

These fritters freeze beautifully! You can also bake these fritters on parchment paper in a 350°F oven.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	291	Total Fat 17.8g	27%	Total Carbohydrates 26g	8%
		Saturated Fat 2.4g	12%	Dietary Fiber 5g	18%
		Trans Fat 0.0g		Total Sugars 6g	
		Cholesterol 0mg	0%	Protein 8g	
		Sodium 109mg	4%		
		Vitamin D 0mcg 0% · Calcium 57mg 5% · Iron 2mg 11% · Potassium 511mg 10%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -